Let's Eat:
Grilled Lemon & Garlic Asparagus

Makes 4 servings



INGREDIENTS

1 lb asparagus, washed and trimmed
2 tbsp olive oil
4 garlic cloves, minced
1 lemon, for juice
Black pepper to taste

To prepare asparagus, start by cutting off the tough ends. You can also use a knife to clean up any uneven cuts. Discarded trimmed ends.

Next, place the trimmed asparagus in a bowl. Add 1 tbsp olive oil and pepper, and toss to coat.

Grill the asparagus over medium-high heat for 5 to 8 minutes, or until it reaches your preferred tenderness. Turn the asparagus with tongs halfway through cooking.

In a small bowl mix 1 tbsp olive oil, lemon juice, and minced garlic.

Once asparagus is cooked, pour lemon- garlic mixture over asparagus and enjoy!

Nutrition Facts Per Serving (1 serving)
Calories 89
Carbohydrates 6 g
Protein 2 g
Total Fat 7 g
Phosphorus 59 mg
Potassium 235 mg
Sodium 2 mg

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